

HR CONTACTS –

Below are the February HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!

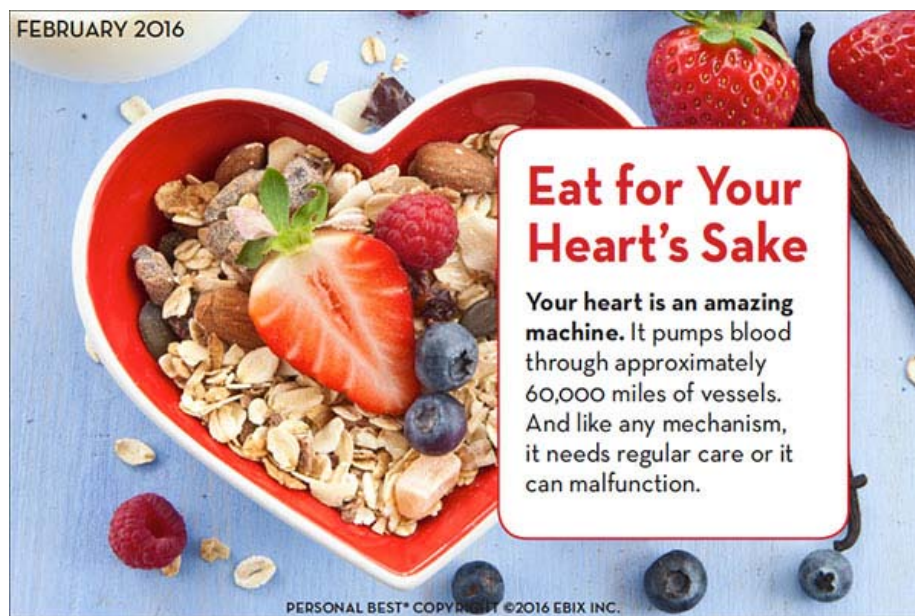
Important News from HealthQuest

EAP Monthly Webinar Series – Worth 1 HQ Credit - February 18th, 2016 at 3PM

Communication Skills to Enhance Relationships

Communication is a fine art that we often take for granted. It takes more than physical and verbal abilities to communicate. It takes energy along with the ability to offer support and demonstrate understanding and compassion when communicating within your family, friends and workplace. Whether its an expectation, emotion, question or other message, openness and willingness to communicate improves overall quality of communication with others.

Register at: <https://attendee.gotowebinar.com/register/7208793327495723521>. If you cannot attend at the scheduled time but are interested, register and a recording will be sent to you via email following the webinar. Or if you only have 5-10 min check out the On-Demand Trainings at www.guidanceresources.com (Company ID: SOKEAP). These short training modules include fun, interactive features, and help you build practical skills to deal with real-life challenges.



HealthQuest Monthly Seminar – Worth 1 HQ Credit – www.kansashealthquest.com

Life's Simple 7

The American Heart Association (AHA) recommends 7 lifestyle steps to improve your health. The steps are not expensive to take and even small improvements to your health will make a big difference. Start with one or two. The AHA created this simple, 7-step list to help you take steps to protect your heart and live healthier. Try it!

AHA issues advice for heart-healthy workplace - <http://www.reuters.com/article/us-workplace-health-heart-idUSKBN0N425520150413>

AHA My Life Check Assessment - <http://mylifecheck.heart.org/mobile/simple7.aspx>

10-Minute Move for Strength

Squats



Strengthens
hips, thighs and
buttocks.

- 1 Stand with feet slightly more than shoulder-width apart. Extend arms out for balance, and lean forward a little at the hips.
 - 2 Making sure knees never come forward past your toes, lower yourself in a slow, controlled motion until reaching a near-sitting position.
 - 3 Pause. Then slowly rise up to standing position. Keep knees over your ankles and back straight.
- *Repeat 10 times for one set.

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Rx Savings Solutions – Registration Worth 3 HQ Credits
<https://portal.rxsavingsolutions.com/#/register>

Kick the Smoking Habit and Save

As we start out the new year, many of us have made resolutions to better our lives during the upcoming year and beyond. One of the most common resolutions is to quit smoking. Employees and dependents of the State Employee Health Plan (SEHP) can potentially save money on their prescriptions by quitting smoking. The costs associated with smoking to both your health and wallet are too numerous to count, but below are some key financial costs to consider if you currently smoke.

- Average cost per pack of cigarettes in the US¹ = \$6.36
- Health-related costs to you per pack of cigarettes¹ = \$35

To put these costs in perspective, if a person smokes a pack a day, that adds up to about \$2,300 per year in cigarette costs, and an additional \$12,700 per year in potential health-related costs. You may not pay 100% of health-related costs directly if you have insurance, but higher costs paid by health insurers will eventually trickle down to higher insurance premiums for everyone.

By making the decision to quit smoking, you can potentially reduce the amount you pay each year for prescriptions and medical care. There are several online resources such as www.smokefree.gov and www.cancer.org/smokeout to help you create an overall smoking cessation plan. In addition, the SEHP provides coverage for 100% of the cost of certain tobacco cessation products. It is important for patients to be active participants in managing their health.

References <http://www.cancer.org/acs/groups/content/documents/image/acspc-045341.pdf>

READY, SET, GO

FEBRUARY 2016

What are your top health concerns? Transform your worries into goals you can meet with daily choices in what you eat and how much you move.



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HealthQuest Success Story

"In the spring of 2014, I took my biometric screening and did not like what I was seeing. I knew that I had high cholesterol but I was starting to note high blood sugar at a pre-diabetic level. I knew that I did not want to continue in that direction and immediately started making changes. I tried to eat better and began to take regular walks. Today, a daily walk is pretty much the norm for me....two if I can swing it. When eating out, I worked at just looking at the salad menu. I am not perfect on things. I do enjoy meals, desserts, etc. but I know that I need to be good most of the time so that I can be bad some of the time. I also checked my weight religiously every day. Within 3 months, I went from 165-170 to about 140. By the start of 2015, I was down to 130. Now, I try to keep in the 120-125 range. My blood sugar is good, as is the cholesterol and the other signs. Nearly everyone who knows me asks how I lost weight (a few even asking if I was okay for having lost so much). I feel better and have more energy. It is amusing that during a minor surgery last year, I had a weight restriction....a restriction that turned out to be more than what I had already lost! I guess the only drawback is that I have had to buy a whole new wardrobe since my waist went from 36 to 30! All this from a simple biometric screening!" – **Employee from Wichita State University**

♥ Submit a **SUCCESS STORY** in the month of **February** and be entered into a drawing for a **FITBIT!**

♥ Go to www.kansashealthquest.com and find "Submit a Success Story" under the "Forms and Surveys" section in the "Rewards" tab across the top.

The "Water Works" Wellness Challenge ends February 12th!

We hope everyone is drinking plenty of water and staying hydrated! Be sure to log your 18 activity points for 5 HealthQuest Credits by Friday, February 19th on the portal. www.kansashealthquest.com

Do I Drink Enough Water?

Drinking enough water can promote a healthy diet and prevent dehydration. Use this assessment to determine if you drink enough water.

1. When my stomach makes a grumbling noise, the first thing I do is reach for a snack.
 - True (0 points)
 - False (1 point)
2. If I do not feel satisfied after a full meal or large snack, I usually eat some more until I feel more satisfied.
 - True (0 points)
 - False (1 point)
3. I drink at least eight 8-ounce glasses of water each day.
 - True (1 point)
 - False (0 points)
4. If I am exercising a lot, I tend to not increase my water intake to avoid putting on water weight.
 - True (0 points)
 - False (1 point)
5. I count juices, coffee, soda pop and other beverages toward my daily water intake.
 - True (0 points)
 - False (1 point)
6. My urine is usually colorless or light yellow.
 - True (1 point)
 - False (0 points)
7. I drink a full glass of water before each meal.
 - True (1 point)
 - False (0 points)

Point Totals 4 and Above

The results of your assessment indicate that you tend to drink enough water.

Point Totals Under 4

The results of your assessment indicate that you should try and drink more water.

To double-check your knowledge, review these guidelines:

- If your stomach makes a noise, do not assume it is out of hunger. The stomach also makes noises when digesting food. Drink a glass of water, wait 15 minutes, and then eat if you are still hungry.
- The average American should get between 0.5-1 gallons of water each day.
- Increase your water intake if you are going to exercise or have just finished exercising.
- While you can count water-dense foods and other liquids toward your daily liquid count, water is really your best bet as it is readily available and calorie-free.

Additional Information

This information is brought to you by ComPsych® GuidanceResources®. This employer-sponsored benefit offers confidential help and support 24 hours a day, 7 days per week, at no cost to you or your immediate family. Our GuidanceConsultants™ can assist you with your concerns at: **1.888.275.1205, Option 7.**
Online: www.guidanceresources.com Enter your company ID: **SOKEAP**

Onsite Biometric Screenings ARE GOING ON across the STATE!

Click [HERE](#) to see the complete Screening Schedule and log-on to www.kansashealthquest.com to Schedule your appointment. Onsite Screenings are now worth 5 HealthQuest Credits!! Attend an Onsite Screening to receive your **Blood Pressure, Cholesterol, Glucose and BMI** values and have them auto-populated to your Health Assessment Questionnaire!

FEBRUARY 2016

MAKE A GREAT PLATE.

Get 6 ounces of protein, such as chicken, daily.

Herb-Grilled Chicken and Roasted Vegetables

INGREDIENTS

2 cups butternut squash, cubed	¼ cup chopped fresh parsley, chives or basil, <i>divided</i>
2 cups sweet potato, cubed	½ tsp each salt and pepper
1 tbsp olive oil	4, 4 oz. boneless, skinless chicken breasts
½ cup 2% plain Greek yogurt	



DIRECTIONS

Preheat oven to 400°F. Add squash and sweet potato to 9"x13" baking dish. Drizzle with oil. Bake for 40 minutes or until vegetables are tender. Meanwhile, in small bowl, whisk together yogurt, herbs, salt and pepper. Pour into shallow dish and add chicken breasts, turning to coat. Cover dish and refrigerate chicken for at least 30 minutes or overnight. Set grill pan to medium heat. Remove chicken from marinade (discard remaining marinade), and grill about 7 minutes per side or until internal temperature is 165°F. Sprinkle chicken with herbs. Serve with vegetables.

Makes 4 servings. Each: 281 calories • 26g protein • 7g fat • 29g carb • 5g fiber • 379mg sodium

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The HealthQuest Portal (www.kansashealthquest.com) currently supports the browsers below:

Chrome (Version 33 and newer)

Firefox (Version 28 and newer)

Internet Explorer (Version 9 and newer)

Safari (Version 5 and newer)

FEBRUARY 2016

Safety Corner Distracted? Don't Drive



We've seen warnings, reports and videos about how cell phone use and other distractions while driving can lead to deadly results, yet every day we are bombarded with distractions. What can you do?

- Keep all devices turned off while driving. If you are waiting for a call or text, pull off the road in a safe location and check.
- Adjust seats, mirrors, climate control and other accessories before driving.
- Connect GPS and plan your route before you head out on the road.
- Secure loose items such as a purse, bags, toys and balls so they don't tumble or roll around while you are driving.

Stay fully focused on the road. Driving is not the time to carry on serious conversations with others in the car.



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Wear Red & Raise Your Voice on National Wear Red Day® Friday, February 5, 2016

Why go Red?

Heart disease and stroke cause 1 in 3 deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we can change that because 80 percent of cardiac and stroke events may be prevented with education and action. That's why this year we are asking that you wear red on **National Wear Red Day®** Friday, February

5, 2016, encourage others to do the same and schedule a Well-Woman Visit, a prevention check-up to review a woman's overall health so her doctor can measure blood pressure, check cholesterol and look for signs of heart disease, stroke and other illnesses. On National Wear Red Day®, be sure to wear something red to show your support for women with heart disease and stroke.



Email: HealthQuest@kdheks.gov